

Family therapy concepts: precious

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Precious goes through painful experiences that leave her desolate, downcast, unhappy and distressed. To add to that, Precious is not considered attractive by her society and thus she does not appreciate herself nor feel assured of herself. She has never had anyone to help her in her life to help her out so she is suspicious of everyone. She trusts in fairy tales and her imaginations as a means of averting the thoughts and experiences of her perpetual disastrous life.

At the close of the movie, Precious is seen as a resilient, intellectual and hopeful girl. She takes up school so as to give her two kids an improved life and performs brilliantly in her school; she transcribes poetry though she does not attach much worth to it. In her voyage to self-improvement, she starts seeing a social worker who helps her through her sexual abuse trauma. Basically, she is an outstandingly brave and intelligent girl affected by her disastrous past. She displays zeal to improve her life and her kids' life.

I will use Cognitive Behavioral Family Therapy to analyze Precious as a movie. Cognitive growth denotes the process whereby the understanding of a child concerning the world changes with age and experience (Nichols&Schwartz, 2012).

This perception endeavors to describe the quantitative and qualitative logical abilities that take place during human progress. All children experience altered stages in life dependent on magnitude, quality, and understanding of information (Nichols &Schwartz, 2012). The leading stage is sensorimotor where at this stage, Precious certainly did not comprehend that her parents were not always there for her.

The next stage is pre-operational which lies between 2-7 years old. Verbal growth is most vital here (Nichols & Schwartz, 2012). Children at this stage also shy away from any anxiety they find themselves in and that is why Precious found it challenging to bare her parents' abuse towards her, which might have begun at an early age, and all she ever did was shy away rather than speak up.

The third step is the formative stage which occurs amid age twelve towards maturity where a child improves rational thinking though not everyone matures at this age just like the way Precious could not comprehend that the abuse from her parents was immoral. She also gets pregnant a second time and does not learn from the first experience. She also allows her mother to exploit her for extra money and to also treat her badly.